

Kennon M. Sheldon
Curriculum Vita

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Dpt. of Psychological Sciences, 112 McAlester Hall
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Email: SheldonK@missouri.edu. Office Phone: 573-884-1547.

ACADEMIC POSITION: Curator's Distinguished Professor,
Psychological Sciences, University of Missouri, Columbia, Missouri.

Current Google scholar H: 110
Number of citations to my work: 80,000+

EDUCATION AND POSITIONS

- 2025. Emeritus Professor of Psychological Sciences, University of Missouri.
- 2015. Curator's Distinguished Professor of Psychological Sciences, University of Missouri System.
- 2007 - 2014. Professor, University of Missouri, Columbia, MO.
- 2003 - 2006. Associate Professor, University of Missouri, Columbia, MO.
- 1997 - 2002. Assistant Professor, University of Missouri, Columbia, MO.
- 1994 - 1997. Visiting Assistant Professor, University of Rochester, Rochester, N.Y.
- 1992 - 1994. Post-Doctoral Fellow supported by NIMH Training Grant, University of Rochester, Rochester, NY.
- 1986 - 1992. Ph.D. in Social/Personality Psychology. University of California, Davis, CA.
- 1983 - 1984. Seattle University, Seattle WA. Spent one year in a Masters program in existential-phenomenological psychotherapy.
- 1978 - 1981. B.S. in Psychology. Duke University, Durham, NC.

RESEARCH INTERESTS

- Investigating factors that promote the selection and attainment of self-appropriate personal goals, examining the effects of goal attainment upon mental health.
- Discovering the factors that inhibit and help people in becoming sustainably happier.
- Integrating cognitive-behavioral and organismic perspectives on personality, social behavior, and psychological development.

- Developing the science of positive psychology.

AWARDS AND HONORS

Elected, Fellow of International Positive Psychology Association. 2019.

Named, Curator's Distinguished Professorship, University of Missouri. 2015.

Awarded, Ed & Carol Diener Mid-Career Award for Contributions to Personality Psychology. 2015.

Elected, Fellow of Society for Personality and Social Psychology. 2011.

Elected, Fellow of APA Division 8. 2011.

Elected, Member-at-Large for the Association for Research in Personality Executive Committee. 2011.

Named, one of 20 most cited social psychologists in the world (controlling for career stage), 2010. Nozek et al., *Personality & Social Psychology Bulletin*.

Winner, first prize for best academic paper in positive psychology, from Mindgym (UK): £5000. 2008.

Winner, Chancellor's Award for Outstanding Research Creativity in the Social Sciences, University of Missouri. \$2000. 2006.

Winner, best paper of 2006 award, made by the International Society for Quality of Life Studies, for a paper published in *Journal of Happiness Studies*. 2007.

Elected, Member of Society for Experimental Social Psychology. 2005.

Winner, of a John Templeton Foundation "Positive Psychology" prize. \$30,000. 2002.

GRANT SUPPORT

Senior International Scientist, Russian Government grant: "Positive psychology, motivation, and personality in Russia." \$1,200,000.
Director of International Research Laboratory. 2020-2023.

Senior International Scientist, Russian Government grant: "Positive psychology, motivation, and personality in Russia." \$1,100,000.
Director of International Research Laboratory. 2017-2019.

Senior International Scientist, Russian Government grant: "Positive psychology, motivation, and personality in Russia." \$1,100,000.
Director of International Research Laboratory. 2014-2016.

Co-Primary Investigator, Missouri Research Board grant, "Developing and testing a mindfulness-based intervention to ease stress, improve performance, and forestall negative mental health changes in first year law students." \$14,000. 2013-2014.

Co-leader, Mizzou Advantage Team, "Contemplative practice in research and education." \$50,000. 2012-2013.

Co-leader, Mizzou Advantage Team, "Creative Convergence Network: The role of new media in group creativity." \$50,000. 2012-2013.

Co-Primary investigator on an NIMH grant titled "Factors influencing sustainable increases in positive affect" (Sonya Lyubomirsky, co-P.I.). \$650,000. 2004-2008.

Primary investigator on an NIMH grant titled "Self-concordant goals, self-regulation, and personality integration." \$500,000. 2002-2006.

Co-Investigator on an NIAAA grant titled "Adolescent alcohol use and high risk sexual behavior" (Lynne Cooper, P.I.). \$2,490,000. 1999-2003.

Primary investigator on a grant from the MU Research Council, titled "Re-assessing freshman goals participants in their senior year." \$4200. 2002.

Primary investigator on a grant from the Templeton Foundation, titled "Factors influencing sustainable increases in happiness." \$10,000. 2001-2002.

Primary investigator on a grant from the Positive Psychology network, titled "Causes and consequences of materialistic ways of coping with negative emotions." \$2,000. 2001-2002.

Primary investigator on a grant from the Fetzer Institute, titled "Using response latencies to validate personal goal ratings." \$28,000. 2000-2001.

Primary investigator on a B/Start grant from NIMH titled "Self-infiltration and personal goals." \$25,000. 1999-2000.

Primary investigator on a Research Board Grant from the University of Missouri titled "Predicting adjustment in incoming freshmen." \$36,000. 1998-1999.

Primary investigator on a grant from the MU Alumni association to study personal goals in a community sample. \$900. 1998.

Primary investigator on a grant from Deutscher Akademischer Austauschdienst to collaborate for two months with Professor Julius Kuhl at the University of Osnabrueck in Germany. \$2,000. 1997.

Research Associate on a grant from NIMH titled "The Relation of Values and Goals to Mental Health" (Richard Ryan, P. I.). \$400,000. 1997-1998.

PUBLICATIONS

Books

Sheldon, K. M. (2022). *Freely determined: What the new psychology of the self teaches us about how to live*. New York, NY: Basic Books.

Sheldon, K. M. & Lucas, R. L. (Eds) (2014). *Stability of happiness: Theories and evidence on whether happiness can change*. London: Elsevier.

Sheldon, K. M. (2013). *Positive Motivation Workbook*. CreateSpace Independent Publishing Platform.

Sheldon, K. M., Kashdan, T., & Steger, M. (Eds) (2011). *Designing the future of positive psychology: Taking stock and moving forward*. Oxford University Press.

Chirkov, V., Ryan, R. M., & Sheldon, K. M. (Eds) (2011). *Personal autonomy in cultural contexts: Global perspectives on the psychology of agency, freedom, and people's well-being*. Springer.

Sheldon, K. M. (Ed., 2009). *Current directions in psychological science: Reader in motivation and emotion*. Pearson.

Sheldon, K. M. (2004). *Optimal human being: An integrated multi-level perspective*. New Jersey: Erlbaum.

Sheldon, K. M., Williams, G., & Joiner, T. (2003). *Self-determination theory in the clinic: Motivating physical and mental health*. Yale University Press.

Schmuck, P. & Sheldon, K.M. (Eds) (2001). *Life goals and well-being: Towards a positive psychology of human striving*. Seattle, Toronto, Bern, Goettingen: Hogrefe & Huber Publishers.

Refereed Journal Articles

Accepted

Goffredi, R. & Sheldon, K. M. (accepted). The Autobiographical Critic Within: Perceiving Oneself as a Major Character in One's Life Story Predicts Well-Being. *Journal of Research in Personality*.

Shin, L. J., Walsh, L. C., Yue, X., Nicolson, Y., Sheldon, K. M., & Lyubomirsky, S. (accepted). Cultural differences in the hedonic rewards of recalling kindness: Priming cultural identity with language. *Journal of Affective Science*.

Sheldon, K. M. & Holberg, E. (accepted). Using free will wisely: The importance of self-concordant goal pursuit. *Advances in Motivation Science*.

Gordeeva, T., Sychev, O., & Sheldon, K. M. (accepted). Negative changes in emotional well-being and motivation in Russian adolescents between 1999 and 2020. *Culture and Education*.

Voigt, J., Sheldon, K. M., & Kehr, H. (accepted). When visions truly inspire:

The moderating role of self-concordance in boosting positive affect, goal commitment, and goal progress. *Journal of Research in Personality*.

Published

Electronic

Sezer, B., Riddell, H., Gucciardi, D. F., Sheldon, K. M., Sedikides, C., Vasconcellos, D., Jackson, B., Thøgersen-Ntoumani, C., & Ntoumanis, N. (published electronically). Goal motives, approach/avoidance appraisals, psychological needs, and well-being: A systematic review and meta-analysis. *Motivation Science*.

Sheldon, K. M. & Krieger, L. (published electronically). Too much work or poorly motivated work? Testing moderators of the work-hours-to-wellbeing relationship in 5948 U.S. lawyers. *Trends in Psychology*.

Sheldon, K. M. & Martela, F. (published electronically). A modest proposal: Free will is real. *Journal of Positive Psychology*.

Sheldon, K. M. & Yu, Senchi (published electronically). Methods of gratitude expression and their effects upon well-being: Texting may be just as rewarding as and less risky than face-to-face. *Journal of Positive Psychology*.

Titova, L. & Sheldon, K. M. (published electronically). Happiness comes from trying to make others feel good, rather than oneself. *Journal of Positive Psychology*.

Yang, Y., Li, W., Sheldon, K. M., & Kou, Y. (published electronically). Perception of helper's autonomous motivation increases recipient's prosocial behavior intentions via feelings of gratitude. *European Journal of Social Psychology*.

In Print

Sheldon, K. M. (2024). The free will capacity: A uniquely human adaptation. *American Psychologist*, 79(7), 928-941.

Sheldon, K. M., Titova, M., & Bratcher, B. (2024). Understanding the motivations of food bank volunteers: Applying self-determination theory and functional motivations theory. *Journal of Community and Applied Social Psychology*, 33(3), 708-718.

Sheldon, K. M., Lee, W., & Reeve, JM (2024). How people find better life goals:

The Goal Breakthrough Model and its neuroscientific underpinnings. *Social and Personality Compass*, 18(6).

Sheldon, K. M. & Titova, M. (2023). Social media use and well-being: Testing an integrated self-determination theory model. *Media Psychology*, 26(6), 637-659.

Sheldon, K. M., Goffredi, R., & Titova, L. (2023). The goal breakthrough model: Explicit questions drive implicit processes. *Journal of Research in Personality*, 104.

Sheldon, K. M., Goffredi, R., & Schlegel, R. (2023). Self-concordant goal-striving as internalized motivation: Benefits beyond person-goal fit. *Motivation Science*, 9(1), 53-61.

Sheldon, K. M. (2023). Conservatives report less autonomous work motivation and less intrinsic values than liberals, but are happier nonetheless: The explanatory role of psychological need-satisfaction. *Journal of Happiness Studies*, 24(4), 1533-1547.

Sheldon, K.M., Gordeeva, T., Sychev, O., Osin, E., & Titova, L. (2022). Self-concordant goals breed goal-specific optimism and thus well-being. *Current Psychology*, 41(9), 6549-6557.

Kim, J., Chen, K., Rivera, G., Hong, E., Kamble, S., Scollon, C., Sheldon, K.M., Hong, Z., & Schlegel, R. J. (2022). True-Self-as-Guide lay theory endorsement across five countries. *Self and Identity*, 21(8), 939-962.

Sheldon, K. M., Lapka, S., Titova, M., & Osin, E. (2022). Blood donation motivation in the U.S. and Russia: What keeps donors coming back? *Journal of Community and Applied Social Psychology*, 32, 872-881.

Titova, L. & Sheldon, K.M. (2022). Thwarted beneficence: Not getting to help lowers mood. *Journal of Positive Psychology*, 17(1), 21-33.

Sheldon, K. M., Goffredi, R., & Corcoran, M. (2021). The glow still shows: Effects of facial masking on perceptions of Duchenne smiles. *Perception*, 50, 720-727.

Sheldon, K.M., & Goffredi, R. (2021). Self-determination theory shows that free will matters. *Motivation Science*, 7, 119.

Sheldon, K.M., Corcoran, M., & Titova, L. (2021). Supporting one's own autonomy may be more important than feeling supported by others. *Motivation Science*, 7, 176-186.

Sheldon, K. M., Corcoran, M., & Trent, J. (2021). The face of crime: Apparent happiness differentiates criminal and non-criminal photos, *Journal of Positive Psychology*, 16, 551-560.

Sheldon, K. M. & Lyubomirsky, S. (2021). Revisiting the pie chart and sustainable happiness model: Happiness can be successfully pursued. *Journal of Positive Psychology*, 16, 145-154.

Wilbur, D., Sheldon, K. M., & Cameron, G. (2021). Autonomy supportive and reactance supportive inoculations both boost resistance to propaganda, as mediated by state autonomy but not state reactance. *Social Influence*, 16(1), 1-11.

Sheldon, K. M., Corcoran, M. & Sheldon, M. S. (2021). Duchenne smiles as honest signals of chronic positive affect. *Perspectives in Psychological Science*, 16(3), 654-666.

Sheldon, K. M. (2020). Going the distance on the Pacific Crest Trail: The vital role of identified motivation. *Motivation Science*, 6, 177-181.

Yu, S., Sheldon, K. M., Lan, WP, & Chen, JH. (2020). Using social network sites to boost savoring: Positive effects on positive emotions. *International Journal of Environmental Research and Public Health*, 17, 6407.

Moller, A. & Sheldon, K.M. (2020). Athletic scholarships are negatively associated with intrinsic motivation for sports, even decades later: Evidence for long-term undermining. *Motivation Science*, 6, 43-48.

Sheldon, K. M., Holliday, G., Benson, C., & Titova, M. (2020). Comparing Holland and Self-determination theory measures of career preference as predictors of career choice. *Journal of Career Assessment*, 28, 28-42.

Sheldon, K.M., Sedikides, C., Ntoumanis, N., Corcoran, M., & Titova, L. (2020). Narcissism and social motives: Successful pursuit of egosystem goals boosts narcissism. *Self and Identity*, 19:7, 841-862.

Gordeeva, T., Sychev, O., Osin, E. N., & Sheldon, K. M. (2020). Linking academic performance to optimistic attributional style:

Attributions following positive events matter most. *European Journal of Psychology of Education*, 35, 21-48.

Lynch, M. & Sheldon, K. M. (2020). Conditional regard, self-concept, and relational authenticity: Revisiting some key Rogerian concepts cross-culturally, through multilevel modeling. *Journal of Humanistic Psychology*, 60, 168-186.

Sheldon, K.M., Prentice, M., & Osin, E. (2019). Rightly crossing the Rubicon: Evaluating goal self-concordance prior to selection helps people choose more intrinsic goals. *Journal of Research in Personality*, 79, 119-129.

Martela, F. & Sheldon, K.M. (2019). Clarifying the concept of well-being: Psychological need-satisfaction as the common core connecting eudaimonic and subjective well-being. *Review of General Psychology*, 23, 458-474.

Chen, C., Elliot, A. J., & Sheldon, K. M. (2019). Psychological need support as a predictor of intrinsic and external motivation: The mediational role of achievement goals. *Educational Psychology*, 39, 1090-1113.

Price-Blackshear, M., Sheldon, K. M., Corcoran, M., & Bettencourt, B. A.. (2019). Individuating Information Influences Partisan Judgments. *Journal of Applied Social Psychology*, 49, 426-447.

Sheldon, K. M. & Corcoran, M. (2019). Comparing the current and long-term career motivations of artists and business-people: Is everyone intrinsic in the end? *Motivation and Emotion*, 43(2), 218-31.

Sheldon, K. M. & Prentice, M. (2019). Self-determination theory as a foundation for personality researchers. *Journal of Personality*, 87, 5-14.

Sedikides, C., Ntoumanis, N., & Sheldon, K. M. (2019). I am the chosen one: Narcissism in the backdrop of self-determination theory. *Journal of Personality*, 87, 70-81.

Sheldon, K.M., Corcoran, C., & Prentice, M. (2019). Pursuing eudaimonic functioning versus pursuing hedonic well-being: The first goal succeeds in its aim, whereas the second does not. *Journal of Happiness Studies*, 20, 919-933.

Titova, L., & Sheldon, K. M. (2019). Why do I feel this way? Attributional assessment of happiness and unhappiness. *The Journal of Positive Psychology*, 14, 549-562.

Li, Y., Sheldon, K.M., Roudner, J.N., Bergin, D.A., & Geary, D.C. (2019). Long-term prospects and college students' academic performance. *Journal of Psychoeducational Assessment*, 37, 358-371.

Yang, Y., Li, W., Sheldon, K. M., & Kou, Y. (2019). Chinese adolescents with higher social dominance orientation are less prosocial and less happy: A value-environment fit analysis. *International Journal Of Psychology*, 54, 325-332.

Hope, N. H., Holding, A. C., Verner-Filion, J., Sheldon, K. M., & Koestner, R. (2018). The path from intrinsic aspirations to subjective well-being is mediated by changes in basic psychological need satisfaction and autonomous motivation: A large prospective test. *Motivation and Emotion*, 232-241.
<https://doi.org/10.1007/s11031-018-9733-z>

Titova, L., Werner, K. M., & Sheldon, K. M. (2018). Translating positive psychology. *Translational Issues in Psychological Science*, 4(3), 211-214. <https://doi.org/10.1037/tps0000170>

Prentice, M., Kasser, T., & Sheldon, K. M. (2018). Openness to experience predicts intrinsic value shifts after deliberating one's own death. *Death Studies*, 14, 205-215.

Sheldon, K. M., Gordeeva, T., Leontiev, D., Lynch, M., Osin, E., Rasskazova, E., & Dementiy, L. (2018). Freedom and responsibility go together: Personality, experimental, and cultural demonstrations. *Journal of Research in Personality*, 73, 63-74.

Sheldon, K. M., Sommet, N., Elliot, A. J., & Corcoran, M. (2018). Feeling interpersonally controlled while pursuing materialistic goals: A problematic combination for moral behavior. *Personality and Social Psychology Bulletin*, 44, 1330-1349.

Yang, Y., Zhang, Y., & Sheldon, K. M. (2018). Self-determined motivation for studying abroad predicts lower culture shock and greater well-being among international students: The mediating role of basic psychological needs satisfaction. *International Journal Of Intercultural Relations*, 63, 95-104. doi:10.1016/j.ijintrel.2017.10.005

Price-Blackshear, M. A., Kamble, S. V., Mudhol, V., Sheldon, K. M., & Bettencourt, B. A. (2017). Mindfulness practices moderate the

association between intergroup anxiety and outgroup attitudes. *Mindfulness*, 8(5), 1172-1183.

Sheldon, K. M., Osin, E. N., Gordeeva, T. O., & Suchkov, D. (2017). Evaluating the dimensionality of Self-determination theory's relative autonomy continuum. *Personality and Social Psychology Bulletin*, 43, 1215-1238.

Sheldon, K. M., Titova, M., Gordeeva, T., Osin, E., Lyubomirsky, S., & Bogomaz, S. (2017). Russians inhibit the expression of happiness to strangers: Testing a display rule model. *Journal of Cross-Cultural Psychology*, 48(5), 718-733.

Sheldon, K.M., Weinland, A., Venhoeven, L.A., & Osin, E. (2016). Understanding the motivation of environmental activists: A comparison of Self-determination theory and Functional motives theory. *Ecopsychology*, 8, 228-238.

Cordeiro, P., Paixao, P., Lens, W., Lacante, M., & Sheldon, K. (2016). Factor structure and dimensionality of the balanced measure of basic psychological needs among Portuguese high school students: Relations to well-being and ill-being. *Learning and Individual Differences*, 47, 51-60.

Rasskazova, E., Ivanova, T., & Sheldon, K. M. (2016). Comparing the effects of low-level and high-level worker need-satisfaction: A synthesis of the self-determination and Maslow need theories. *Motivation and Emotion*, 4, 541-555.

Schuler, J., Sheldon, K.M., Prentice, M., & Halusic, M. (2016). Do some people need autonomy more than others? Implicit motive dispositions towards autonomy moderate the effects of felt autonomy on well-being. *Journal of Personality*, 84, 5-20.

Li, Y., Sheldon, K. M., & Liu, R. (2015). Dialectical thinking moderates the effect of extrinsic motivation on intrinsic motivation. *Learning and Individual Differences*, 39, 89-95.

Krieger, L. & Sheldon, K. M. (2015). What makes lawyers happy? A data-driven prescription to redefine professional success. *The George Washington Law Review*, 83, Number 2.

Rudy, D., Sheldon, K., Li, Y., Khamble, S., Bi, X., & Palermo, F. (2015). Who chooses best? Explaining the interactive effect of culture and decision-maker on children's intrinsic motivation. *Journal of Cross-Cultural Psychology*, 46, 471-488.

Sheldon, K. M. (2015). Comment on Dunlop's "Contextualized personality, beyond personality traits." *European Journal of Personality*.

Sheldon, K. M., Prentice, M., Halusic, M., & Schuler, J. (2015). Matches between assigned goal-types and both implicit and explicit motive dispositions predict goal self-concordance. *Motivation and Emotion*, 39, 335-343.

Sheldon, K. M., Garton, B., Orr, R., & Smith, A. (2015). Good college advisors are available, knowledgeable, and autonomy supportive. *Journal of College Student Development*, 56, 261-273.

Sheldon, K. M., Prentice, M., & Halusic, M. (2015). The experiential incompatibility of mindfulness and flow-absorption. *Social Psychological and Personality Science*, 6, 276-283.

Sheldon, K. M. (2015). Kennon M. Sheldon: A pioneer in social indicators. *Applied Research in Quality of Life*, 10, 197-199.

Sheldon, K.M., Jose, P. E., Kashdan, T. B. & Jarden, A. (2015). Personality, effective goal-striving, and enhanced well-being: Comparing 10 candidate personality strengths. *Personality and Social Psychology Bulletin*, 4, 575-585.

Prentice, P. & Sheldon, K. M. (2014): Priming effects on cooperative behavior in social dilemmas: Considering the prime and the person. *The Journal of Social Psychology*, DOI: 10.1080/00224545.2014.977763

Chen, B., Vansteenkiste, M., Beyers, W., Boone, L., Deci, E. L., Duriez, B. Lens, W., Matos, L., Mouratidis, A., Ryan, R. M., Sheldon, K. M., Soenens, B., Van Petegem, S., & Van der Kaap-Deeder, J., Verstuyf, J. (2014). Basic psychological need satisfaction, need frustration, and need strength across four cultures. *Motivation and Emotion*. doi:10.1007/s11031-014-9450-1

Sheldon, K. M. (2014). Becoming oneself: The central role of self-concordant goal selection. *Personality and Social Psychology Review*, 18, 349-365.

Sheldon, K. M. & Krieger, L. (2014). Walking the talk: Value importance, value enactment, and well-being. *Motivation & Emotion*, 38, 609-619. DOI 10.1007/s11031-014-9424-3

Prentice, M., Halusic, M., & Sheldon, K. M. (2014). Integrating theories of psychological needs-as-requirements and psychological needs-as-motives: A two process model. *Social and Personality Compass*, 8, 73-85.

Sheldon, K. M. & Krieger, L. (2014). Service job lawyers are happier than money job lawyers, despite their lower income. *Journal of Positive Psychology*, 9, 219-226.

White, M. & Sheldon, K. M. (2014). The contract year syndrome in the NBA and MLB: A classic undermining pattern. *Motivation and Emotion*, 2, 196-205.

Hinsch, C. & Sheldon, K. M. (2013). The impact of frequent social internet consumption: increased procrastination and lower life satisfaction. *Journal of Consumer Behavior*, 6, 496-505.

Sheldon, K. M., Zhaoyang, R., & Williams, M. (2013). Psychological need-satisfaction and basketball performance. *Psychology of Sport and Exercise*, 14, 675-681.

Schuler, J., Brandstatter, V., & Sheldon, K. M. (2013). Do implicit motives and basic psychological needs interact to predict well-being and flow? Testing a universal hypothesis and a matching hypothesis. *Motivation and Emotion*, 37(3), 480 - 495. doi 10.1007/s11031-012-9317-2

Ferguson, Y. & Sheldon, K. M. (2013). Trying to be happier really can work: Two experimental studies. *Journal of Positive Psychology*, 8, 23-33.

Sheldon, K. M. & Hilpert, J. C. (2012). The balanced measure of psychological needs (BMPN) scale: An alternative domain general measure of need satisfaction. *Motivation and Emotion*, 36, 439-451.

Sheldon, K. M. (2012). The self-determination theory perspective on positive mental health across cultures. *World Psychiatry*, 11, 101-102.

Sheldon, K. M. & Lyubomirsky, S. (2012). The challenge of staying happier:
Testing the hedonic adaptation prevention (HAP) model.
Personality and Social Psychology Bulletin, 38, 670-680.

Sheldon, K. M., Gunz, A., & Schachtman, T. (2012). What does it mean to be in touch with oneself? Testing a social character model of self-congruence. *Self and Identity*, 11, 51-70.

Sheldon, K. M. & Watson, A. (2011). Coach's autonomy support is especially important for varsity compared to club and recreational athletes. *International Journal of Sports Science and Coaching*, 6, 109-123.

Sheldon, K. M., Abad, N., & Hinsch, C. (2011). A two-process view of Facebook use and relatedness need-satisfaction: Disconnection drives use, and connection rewards it. *Psychology of Popular Media Culture*, 1(S), 2-15.

Sheldon, K. M. (2011). Integrating behavioral-motive and experiential-requirement perspectives on psychological needs: A two process perspective. *Psychological Review*, 118(4), 552-569.

Sheldon, K. M. & Schuler, J. (2011). Needing, wanting, and having: Integrating motive disposition theory and self-determination theory. *Journal of Personality and Social Psychology*, 101, 1106-1123.

Cheng, C., Jose, P., Sheldon, K., Singelis, T., Cheung, M., Tiliouine, H., Alao, A., Chio, J., Chung, W., deZavala, A., Hakuzimana, A., Hertel, J., Jin-Tan, L., Onyewadume, M. & Sims, C. (2011). Socio-cultural differences in self-construal and subjective well-being: A test of four cultural models. *Journal of Cross Cultural Psychology*, 42(5), 832-855.

Sheldon, K. M., Nichols, C. P., & Kasser, T. (2011). Americans recommend smaller ecological footprints when reminded of traditional American values. *Ecopsychology*, 3, 97-104.

Boehm, J. K., Lyubomirsky, S., & Sheldon, K. M. (2011). A longitudinal experimental study comparing the effectiveness of happiness-enhancing strategies in Anglo Americans and Asian Americans. *Cognition and Emotion*, 25(7), 1263-1272.

Ciani, K.M., Sheldon, K. M., Hilpert, J. & Easter, M.A. (2011). Antecedents and trajectories of achievement goals: A self-determination theory perspectives. *British Journal of Educational Psychology*, 82, 223-243.

Lyubomirsky, S., Dickerhoof, R., Boehm, J. K. & Sheldon, K. M. (2011). Becoming happier takes both a will and a proper way: An experimental longitudinal intervention to boost well-being. *Emotion*, 11, 391-402.

Sheldon, K.M., Abad, N., & Hinsch, C. (2011). A two process view of Facebook use and relatedness need-satisfaction: Disconnectedness drives use and connectedness rewards it. *Journal of Personality and Social Psychology*, 100, 766-775.

Sheldon, K. M., Cheng, C., & Hilpert, J. (2011). Understanding well-being and optimal functioning: Applying the Multilevel Personality in Context (MPIC) model. *Psychological Inquiry*, 22, 1-16.

Sheldon, K. M. (2011). Consilience in the biopsychosocial system. *Psychological Inquiry*, 22, 52-65.

Sheldon, K. M., Cummins, R., & Khamble, S. (2010). Life-balance and well-being: Testing a two-pronged conceptual and measurement approach. *Journal of Personality*, 78, 1093-1134.

Sheldon, K. M., Gunz, A., Nichols, C., & Ferguson, Y. (2010). Extrinsic value orientation and affective forecasting: Over-estimating the rewards, under-estimating the costs. *Journal of Personality*, 78, 149-178.

Sheldon, K.M., Abad, N., Ferguson, Y., Gunz, A., Houser-Marko, L., Nichols, C., & Lyubomirsky, S. (2010). Persistent pursuit of need-satisfying goals leads to increased happiness: A 6-month experimental longitudinal study. *Motivation and Emotion*, 34, 39-48.

Ferguson, Y., & Sheldon, K.M. (2010). Should goal-strivers think about 'why' or 'how' to strive? It depends on their skill level. *Motivation and Emotion*, 34, 253-265.

Ciani, K. D. & Sheldon, K. M. (2010). Evaluating the mastery-avoidance construct: A study of elite college baseball players. *Psychology of Sport and Exercise*, 11, 127-12.

Shigaki, C., Kruse, R., Mehr, D., Sheldon, K.M., Bin G.E., Moore, C., & Lemaster, J. (2010). Motivation and diabetes self-management. *Chronic Illness*, 6, 202-214.

Schuler, J., Sheldon, K.M., & Frohlich, S. (2010). Implicit need for achievement moderates the relationship between competence need-satisfaction and subsequent motivation. *Journal of Research in Personality*, 44, 1-12.

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Caporael, L., Wilson, D.S., Hemelrijk, C., Orbell, J., & Sheldon, K.M. (2005). Groups from an evolutionary perspective. In Poole, M. S. & Hollingshead, A. B. (Eds.), *Theories of Small Groups: Integrative Perspectives* (pp 369-396). Newbury Park, Sage.

Sheldon, K.M. (2004). Integrity/Honesty. In C. Peterson & M. Seligman (Eds.), *Character strengths and virtues* (pp 249-272). Oxford University Press.

Sheldon, K. M. & Lyubomirsky, S. (2004). Achieving sustainable new happiness: Prospects, practices, and prescriptions (pp 127-145). In A. Linley & A. Joseph (Eds.), *Positive psychology in practice*. John Wiley & Sons.

Kasser, T., Ryan, R. M., Couchman, C., & Sheldon, K. M. (2004). Materialistic values: Their causes and consequences. In T. Kasser & A. Kanner (Ed.), *Psychology and consumer culture: The struggle for a good life in a materialistic world* (pp. 11-28). Washington, DC, US: American Psychological Association.

Kasser, T. & Sheldon, K.M. (2004). Non-becoming, alienated becoming, and authentic becoming: A goal-based approach. In J. Greenberg, S. Koole, & T. Pyszczynski (Eds.), *Handbook of experimental existential psychology* (pp. 480-496). New York: Guilford.

Sheldon, K. M., Turban, D.V., Brown, K., Barrick, M., & Judge, T. (2003). Applying self-determination theory to organizational research (pp 357-394). *Research in Personnel and Human Resources Management*, Vol. 22. Amsterdam: Elsevier.

Sheldon, K.M. (2002). The self-concordance model of healthy goal-striving: When personal goals correctly represent the person. In E.L. Deci & R.M. Ryan (Eds.), *Handbook of self-determination research* (pp. 65-86). Rochester, NY: University of Rochester Press.

Osbaldiston, R. & Sheldon, K. M. (2002). Social dilemmas and sustainable development: Promoting the motivation to "cooperate with the future." In P. Schmuck & W. Schultz (Eds.), *The psychology of sustainability* (pp. 37-58). Boston: Kluwer.

Sheldon, K.M. (2001). The self-concordance model of healthy goal-striving: Implications for well-being and personality development. In P. Schmuck & K. Sheldon (Eds.), *Life goals and well-being: Towards a positive psychology of human striving* (pp 17-35). Seattle, Toronto, Bern, Goettingen: Hogrefe & Huber Publishers.

Sheldon, K.M. & Schmuck, P. (2001). Conclusion: Suggestions for healthy goal striving. In P. Schmuck & K. Sheldon (Eds.), *Life goals and well-being: Towards a positive psychology of human striving* (pp 213-226). Seattle, Toronto, Bern, Goettingen: Hogrefe & Huber Publishers.

Schmuck, P. & Sheldon, K.M. (2001). Introduction: The frontiers of life-goals research. In P. Schmuck & K. Sheldon (Eds.), *Life goals and well-being: Towards a positive psychology of human striving* (p. 1-16). Seattle, Toronto, Bern, Goettingen: Hogrefe & Huber Publishers.

Sheldon, K.M. (1999). Conformity and Creativity. In M. Runco & S. Pritzker (Eds.), *Encyclopedia of Creativity* (pp 341-346). Academic Press.

Ryan, R.M., Sheldon, K.M., Kasser, T., & Deci, E.L. (1996). All goals are not created equal: The relation of goal content and regulatory styles to mental health (pp 7-26). In J.A. Bargh & P.M. Gollwitzer (Eds.), *The psychology of action: Linking cognition and motivation to behavior*. New York: Guilford.

Emmons, R.A., King, L.A., & Sheldon, K.M. (1993). Goal conflict and the self regulation of action. In D.M. Wegner & J.M. Pennebaker (Eds.) *Handbook of mental control* (pp. 528-551). Prentice Hall: Englewood Cliffs, NJ.

Invited Book Reviews

Sheldon, Kennon M. (2006). Review of "The science of happiness and human Strengths" and "An introduction to positive psychology." *Journal of Positive Psychology*, 1, 53-55.

Sheldon, K.M. (2002). Review of Deborah Meier's Will standards save public education? *Teacher College Record*, 104(1), 95-98.

Sheldon, K.M. & Deci, E.L. (2000). Book Review: Creativity in context. *The Journal of Creative Behavior*, 34, 285-290.

Sheldon, K. M. (1997). Book Review: Development of Person-Context Relations. *Contemporary Psychology: APA Review of Books*, 42, 554.

TALKS & PRESENTATIONS

ADD 2023-2024

Keynote address, Higher School of Economics Winter school, Moscow, Russia (virtual). "Freely determined: What the new science of the self teaches us about how to live." December, 2021.

Keynote address, Creative Convergence Series, McGill University, Montreal (virtual). "Sailing the ghost ship: The case for radical free will." May, 2021.

Invited Speaker, Southampton University, UK. "The sustainable happiness model." February, 2020.

Invited Speaker, Manchester University, UK. "Meditations on the sustainable happiness model." March, 2020.

Keynote address, Self-Determination Theory conference, Egmont, Netherlands, "A two process model of personal growth." May, 2019.

Speaker, Skolkovo Symposium on Happiness, Moscow, Russia. "Personality perspectives on happiness." July, 2019.

Speaker, European Congress of Psychology, Moscow, Russia. "Comparing the motivation of artists and businesspeople." July, 2019.

Keynote address, Rutgers Well-Being Workshop, Rutgers, NJ. "A new model for conceptualizing the relationship between eudaimonic and hedonic well-being." September, 2019.

Keynote address, Personal Meaning conference, Vancouver, BC, Canada, "De-balkanizing happiness." August, 2018.

Workshop (3 hours), Personal Meaning conference, Vancouver, BC, Canada, "An introduction to contemporary self-determination theory." August, 2018.

Keynote address, Community Integration conference, Houston, Tx. "An introduction to contemporary self-determination theory." June, 2018.

Keynote address, Eudaimonic well-being symposium, Moscow, Russia. "De-balkanizing happiness: Four recommendations." June, 2018.

Invited talk, Quality of Life symposium, Altai, Russia. "Understanding happiness." June, 2018.

Keynote address, World Youth Buddhist conference, Changmai, Thailand, "Comparing contemporary happiness findings and Buddhist precepts." August, 2017.

Invited talk, University of Kamchatka, Russia, "Understanding happiness." June, 2017.

Invited talk, Higher School of Economics, Russia, "Helping people better know what to want." Moscow, June 2016.

Keynote speaker, EU Conference on Social Transformation, "Agency is always in the person: An introduction to Self-determination theory." Coruna, Spain; June, 2016.

Keynote speaker, International Self-determination theory conference, "Knowing what to want: Personal goals, self-concordance, and the organismic valuing process." Victoria, B.C., Canada: May, 2016.

Invited talk, International Positive Psychology Conference. "Freedom and responsibility go together: Experimental evidence." Orlando, Florida; June, 2015.

Symposium Organizer, International Positive Psychology Conference. "Freedom and responsibility in cultural context." Orlando, Florida; June, 2015.

Invited talk, Higher School of Economics, Russia. "Happiness is NOT a warm puppy: Critiquing the concept of eudaimonic well-being." Moscow, May 2015.

Symposium Organizer, Midwestern Psychological Association. "New frontiers in Materialism Research." Chicago, May 2014.

Invited talk, Midwestern Psychological Association. "Service job lawyers are happier than money job lawyers, despite their lower income." Chicago, May 2014.

Invited Seminar Series, Higher School of Economics, Russia.
“Positive Psychology and Motivation: Recent Findings.” 30 hours of presentation. Moscow, May-June 2014.

Invited Talk, Missouri Lawyers Assistance Program. “Threats to the mental health of lawyers.” Kansas City, October 2014.

Invited Talk, to Dpt. of Psychology, University of Missouri-Kansas City. “Comparing the longitudinal effects of 10 candidate personality strengths.” Kansas City, September 2014.

Invited Talk, to Psi Chi society, University of Missouri-Kansas City. “Understanding the Causes of Happiness.” Kansas City, September 2014.

Invited Speaker, American Psychological Association conference, Honolulu, HI, August 2013; “A contrarian view of eudaimonia: Let’s keep content on the predictor, not the outcome, side.”

Keynote speaker, International Self-Determination theory conference, Rochester NY, June 2013; “The contract year syndrome in the NBA and MLB: A classic undermining pattern.”

Invited Speaker, Motivation and the Brain conference, Seoul South Korea, May 2012; “Psychological needs as basic motives: The two process model.”

Invited Talk, Society for Social and Personality Psychology conference, San Diego CA, January 2012; “Psychological needs as basic motives: The two process model.”

Workshop Leader, Winnipeg Manitoba, Manitoba Psychological Society, November 2011; “Insights from positive psychology research.”

Invited Speaker, University of Western Cape Department of Psychology, South Africa, May 2011. “Improving education in Africa: A Self-Determination Theory perspective.”

Invited Speaker, Learning and the Brain Conference, Chicago, April 2011. “Mitigating the Undermining Effects of Grade Motivation: A Self-Determination Theory Perspective.”

Invited Speaker. Psi Chi Conference, St. Louis University, April 2011. “Pursuing happiness: What works and why.”

Invited Speaker. Griffiths conference on leadership, University of Missouri, November 2010. "Pursuing happiness: What works and why."

Invited Speaker. Tanner Symposium on Human Values, University of Michigan, October 2010. "Seligman's well-being theory: Considerations and caveats."

Invited Speaker. 7th Annual Corps of Discovery Lecture, University of Missouri, September 2010. "Pursuing happiness: What works and why."

Invited talk. Fourth Annual Self-determination theory conference. Ghent, Belgium, May 2010. "Needs, motives, and Facebook: Loneliness drives usage and connectedness rewards it."

Invited talk, Society for Social and Personality Psychology conference, Las Vegas, Nevada, January 29, 2010. "Psychological needs as basic motives, not just experiential requirements."

Invited Speaker. University of Salzburg, 2009-2010 Lecture Series on Happiness. January 15, 2010. "Are permanent gains in happiness possible?"

Invited talk. APA conference on work, stress, and health, Puerto Rico. November 2009. "Conceptualizing and measuring life-balance: A novel two pronged approach."

Invited talk. Association of Research in Personality conference, Evanston, IL. July 2009. "A multi-level perspective upon personality."

Invited talk. Washington University, Psychology lecture series, St. Louis, MO. April 2009. "The optimality of personality."

Invited talk. Society for Personality and Social Psychology conference, Tampa FL, February 2009. "Eye on the prize or nose to the grindstone? The impact of failure feedback and goal-framing level on subsequent mood and motivation."

International Keynote Address. Israeli positive psychology conference in honor of Victor Florian, Tel Aviv Israel, January 2009. "A multi-level perspective upon human thriving."

Invited talk, Israeli positive psychology class (Tal Ben Shahr, instructor), Tel Aviv Israel, January 2009. "Sustainable gains in happiness."

Invited talk. Calphalon cookware “purposing” conference, Atlanta GA, November 2008. “Psychological needs and customer satisfaction.”

Invited talk. University of California-Riverside colloquium, Riverside CA, October 2008. “Considering the optimality of personality: An integrated multi-level perspective.”

Invited talk. Fourth International Positive Psychology Conference, Opatija Croatia, July 2008. “A multi-level perspective on optimal functioning: The importance of basic need satisfaction.”

Invited talk. Midwestern Psychological Association conference, Chicago, May 2008. “Understanding the negative effects of law school upon law students: A test of self-determination theory.”

International Keynote Address. First Australian Positive Psychology conference, Sydney, Australia, April 2008. “Is it possible to become happier, and stay that way?”

Invited talk. Humanizing legal education conference, Washburn University law school, Topeka, October 2007. “Understanding the negative effects of law school upon law students: A test of self-determination theory.”

Invited talk. Society for Experimental Social Psychology conference, Chicago, October 2007. “Is it possible to become happier, and stay that way?”

Invited talk. Third Annual International Self-determination Theory Conference, Toronto, May 2007. “Understanding the negative effects of law school upon law students: A test of self-determination theory.”

Invited talk. International Life Balance Conference, Kinston, Ontario, April 2007. “What does life-balance mean?”

International Keynote address. Swedish Sports Psychology Conference, Stockholm, February 2007. “Self-concordance and optimal performance.”

Invited talk. Society for Personality and Social Personality Conference, Memphis, Tennessee, January, 2007. “What are we being true to when we are being true to ourselves?”

Invited talk. Optimal Functioning Conference, Athens, Georgia, November, 2006. “Considering the optimality of personality: An integrated multi-level perspective.”

Invited talk. Third Annual European Conference in Positive Psychology, Braga, Portugal, July, 2006. "Optimal human being: An integrated multi-level perspective."

Invited talk. University of Kansas, Lawrence, KS, February, 2006. "Self-concordance and optimal motivation: Implications for performance, satisfaction, and well-being."

Invited talk. SPSP conference, Palm Springs CA, January, 2006. "Comparing the values of Republicans and Democrats."

Invited talk. Self pre-conference, SPSP, New Orleans, October, 2005. "Embracing the homunculus concept: The self as both fictional and functional."

Invited talk. APA Convention, Honolulu, July, 2004. "The organism knows, even if the self doesn't: New evidence for the organismic valuing process."

Invited talk. Self-determination theory conference, University of Ottawa, Ottawa, May, 2004. "The organism knows, even if the self doesn't: Methodologies for assessing implicit ambivalence."

Invited talk. University of Amsterdam, Amsterdam, March, 2004. Self-concordance and optimal motivation: Implications for performance, satisfaction, and well-being.

Invited talk. University of British Columbia, Vancouver, February, 2003. "Autonomy as a universal need."

Invited talk. Self pre-conference at SESP, Boston, October, 2003. "Motivating sustained behavior: The self-as-doer construct."

Invited talk. Social Psychology Winter Conference, Park City, Utah, January, 2003. "In search of the organismic valuing process: Cognitive evidence."

Invited talk. First International Positive Psychology Summit, Washington, D.C., October, 2002. "Getting older, getting better? Psychological evidence."

Invited talk. Society for Personality and Social Psychology Conference, Savannah, Ga., January, 2002. "Is autonomy a universal need? Recent cross-cultural evidence."

Invited talk. University of Illinois at Urbana-Champaign, September, 2001. "Autonomy as a universal need: Recent cross-cultural evidence."

Invited talk. International Conference on Social Dilemmas, Chicago, July, 2001. "Prosocial values, group assortment, and individual performance in an N-PDG."

Invited talk. Fetzer Institute conference on self-report processes, Kalamazoo, MI, October, 2000. "Using response latencies to validate personal goal ratings."

Invited talk. Society for Personality and Social Psychology conference, Nashville TN, January, 2000. "What is true about the true self?"

Invited talk. Positive Psychology conference, Akumal, Mexico, January, 2000. "The nature of integrity."

Invited talk. Claremont positive psychology conference on alternatives to materialism. Claremont, CA, November, 1999. "Materialism and the tragedy of the commons."

Invited talk. Self-determination conference, Rochester NY, May, 1999. "The self- concordance model of healthy goal-striving: When personal goals correctly represent the person."

Invited talk. SPAM conference, Memphis, 1999. "Learning the lessons of tit-for- tat: Even competitors can get the message."

Invited talk. Positive Psychology conference, Akumal Mexico, 1999. "The organismic perspective as a philosophical basis for positive psychology."

Symposium contribution. APS convention, Washington, D.C, 1998. "The Self- Concordance model of conation."

Invited talk. Midwestern Psychological Association Convention, 1998. "Extrinsic value orientation and the tragedy of the commons."

Invited talk. University of Osnabrueck, Osnabrueck, Germany, 1997. "An organismic perspective on motivation and self-regulation."

Poster. SESP, Sturbridge, MA, 1996. "Cross-role variation in the Big Five traits and its relationship to psychological authenticity."

Invited talk. Personal Projects Conference, Carleton U., Ottawa, 1996. "Not all personal goals are personal: Comparing autonomous and controlled reasons for goals as predictors of effort and attainment."

Invited talk. Empire State Social Psychology conference, Minnowbrook, NY, 1996. "Pursuing personal goals: Skills enable progress, but not all progress is beneficial."

Invited talk. Institute of Personality and Social Research, Berkeley, CA, 1992. "Creativity, conflict, and emotionality in artists, physicists, and ecologists."

Poster. APA Convention, San Francisco, CA, 1991. "Forms of awareness in a social dyad."

EDITORIAL AND REVIEWING ACTIVITIES

Current

Serving as a Consulting Editor for *Journal of Personality and Social Psychology*.

Serving as a Consulting Editor for *Motivation Science*.

Past

Served as Guest Editor for special issue of *Journal of Personality* (2019) on "using Self-determination theory as a foundation for personality psychology."

Served as Guest Editor for special issue of *Translational Issues in Psychological Science* (2018) on "translating positive psychology."

Served as Guest Editor for special issue of *The Counseling Psychologist* (2017) on "using positive psychology in counselling."

Served as Associate Editor for *Journal of Personality*, 2009-2015.

Served as Book Review Editor for the *Journal of Positive Psychology*, 2006-2009.

Served as an Associate Editor for *Motivation and Emotion*, 2003-2005.

Served as an Associate Editor for *Journal of Research in Personality*, 2005-2009.

Served as editor of a special section on positive psychology for *American Psychologist* (March 2001 issue; with Laura King).

Courses taught

Introductory Psychology

Social Psychology

Theories of Creativity

Research Methods

Developmental Psychology

Personality Development

Social and Emotional Development
Emotion

Motivation and

Experimental Methods in Social Psych

Positive Psychology

Positive Motivation

Other Professional Experience

1984-1985. Counselor, Cascade Hall, Seattle, WA. Worked with a diverse population of psychologically disordered adults.

1982-1984. Counselor, Kitsap Peninsula Housing and Transportation Association, Port Orchard, WA. Worked in group homes with developmentally disabled children and adults.